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Energy Management Checklist for The Home

			
			
			
			
			

Energy Management Checklist for the Home

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Experts may disagree on how long energy sources will last but these facts are clear:

- Known sources of energy are limited. Humans are using energy faster than nature can create it.
- American lifestyles require an astonishing amount of energy.
- If we are not in the midst of a real energy crisis now, we are well on our way toward exhausting our known energy sources.
- Energy costs continue to increase.

We should pause to ask ourselves: If we can't live without energy, how can we live well with less?

Conservation of energy in all forms is now essential. This does not mean we will receive fewer benefits from energy. Nor does it force us to give up our modern ways of life. It does mean we must use energy as efficiently as possible.

We must adjust the everyday living standards which affect the use of our resources. We can slow down our consumption of energy if we change the way we use—and waste—it. Some changes will require time, effort, and money. Others will require a change in our attitudes and values, or in developing new habits and discontinuing old ones. The energy we save today will be available for future use. The energy we use or waste is gone forever. Fortunately, a reduction in energy used means money saved. This will help offset increases in energy costs which are inevitable.

Are You A Good Energy Manager?

Good management means using resources effectively to obtain the maximum comfort, convenience, pleasure, and satisfaction from your investment.

From time to time you need to evaluate the resources used in daily life. In the past, energy was an inexpensive resource, so people didn't really try to save it. As a result, the supply of energy is being exhausted and the cost has increased.

There are many ways to conserve energy in and around the home without sacrificing our level of living. When you reduce the amount of energy use, you are also saving money for other needs.

This publication is designed to help you see how effectively you are

conserving energy and alert you to how you can improve your efficiency as a manager. Although some of the suggestions involve spending money, the long-range benefits achieved from the reduction in energy used will soon pay for the cost. Some suggestions will require both time and energy. Your knowledge and skills are resources, too. As energy supplies decrease and costs rise, you must weigh your use of resources with greater care.

Test Yourself . . . Your Energy Checklist

No doubt you are now trying to conserve energy. This checklist will help you recognize the energy conservation practices you now use, and identify ways you can become an even better energy manager. Use the checklist boxes to check your progress on energy conservation methods you use in your home.

Have Done **Will Do**

Insulation Reduces Heat Loss or Heat Gain, Does Improve Comfort, and Reduces Energy Required for Heating and Cooling

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Ceiling—minimum R-value of 19.

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Walls—minimum R-value of 11.

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Crawl space or unheated basement—minimum R-value of 13.

Window and Door Protection for Winter

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☐

Install storm doors.

Have Done	Will Do
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Install storm windows, or
- Double or triple glazing, or
- Cover windows with plastic.
- Thermal window treatments reduce heat loss when properly installed and used.

Utilize Winter Sun

<input type="checkbox"/>	<input type="checkbox"/>
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- South and west window exposures are best for living areas.

Protect House from Cold Winter Winds

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Plant, or build a windbreak landscape treatment.
- Design house for maximum protection.
- Protect entrances with double-door vestibule arrangement.

Seal Air Leaks

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Weatherstrip doors and windows.
- Caulk cracks, interior and exterior.
- Seal unused doors.
- Cap unused flues and chimneys.

Protect House from the Summer Sun

<input type="checkbox"/>	<input type="checkbox"/>
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- Plant deciduous trees.



Have Done	Will Do
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Install a roof overhang to protect windows and doors.

Use awnings or other treatment for shade.

Utilize Breezes for Cooling During the Warm Season

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Open windows in evening.

Close windows during mid-day.

Temperature Control

<input type="checkbox"/>	<input type="checkbox"/>
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Reduce daytime home heating in winter, maintaining 68° F. or lower temperature.

<input type="checkbox"/>	<input type="checkbox"/>
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Set air-conditioning unit to recirculate cool air instead of pulling in warmer outside air.

<input type="checkbox"/>	<input type="checkbox"/>
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Increase temperature setting for summer air-conditioning, 78° F. or higher.

<input type="checkbox"/>	<input type="checkbox"/>
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Reduce nighttime winter temperature 5°-to-8° or more.

<input type="checkbox"/>	<input type="checkbox"/>
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Adjust radiator valves, air duct dampers, or heat registers according to activity in area of home.

<input type="checkbox"/>	<input type="checkbox"/>
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Use window and attic fans for cooling during summer when outside temperature and humidity is below house temperature and humidity.

<input type="checkbox"/>	<input type="checkbox"/>
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Maintain heating and cooling equipment in good operating condition.

<input type="checkbox"/>	<input type="checkbox"/>
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Keep air filters clean to make it easier for heating and cooling system to do its job.

<input type="checkbox"/>	<input type="checkbox"/>
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Close off unused rooms and closets.

<input type="checkbox"/>	<input type="checkbox"/>
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Use kitchen and bathroom exhaust fans only when they are necessary.

<input type="checkbox"/>	<input type="checkbox"/>
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Install an exhaust fan in the attic to remove hot air in the summer.

<input type="checkbox"/>	<input type="checkbox"/>
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Shade windows from direct sun in summer with draperies and roll-up shades.

Have Done	Will Do
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Open draperies and roll-up shades to receive sun's heat in winter.

Close door of attached garage in winter.

Turn, pull, or push damper to close off flue when fireplace is not in use.

Repair leaks and insulate heating and cooling ducts in spaces not heated or cooled.

Close doors quickly in cold weather, and heat of summer.

Lighting

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Turn off unnecessary lights, indoors and out.

Reduce lighting levels to minimum for task to be performed.

Use bulbs with lower wattage in halls, stairways, and other areas of general illumination.

Use light colors in decorating to improve lighting efficiency.

Do tasks which require a high light level during the daylight hours when possible.

Keep lighting fixtures clean.

Select energy efficient light bulbs.

Use fluorescent lighting for maximum light from electrical energy used.

Use timers to turn lights on in the evening rather than leaving lights on all day when no one is home.

Heating Water

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Reduce the amount of hot water used.

Insulate long hot water pipes, especially those under the house or those that go through unheated basements.

Repair leaky faucets.

Have Done	Will Do
<input type="checkbox"/>	<input type="checkbox"/>

Maintain regular temperature setting of 140° on water heater when hot water is needed.

Laundry

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Wash only full loads of laundry.
- Use heated water in only the washing cycle.
- Use water no hotter than necessary for adequate soil removal and sanitation.
- Use good laundry techniques to obtain satisfactory results in one washing process.
- Avoid over drying in the dryer.
- Sort loads by fabric type and weight.
- Line-dry garments and household items when practical.
- Use the dryer efficiently. Avoid drying one or two items at one time.
- Remove items when dryer stops to avoid unnecessary wrinkling, which will require pressing to remove.
- Reduce ironing to a minimum by careful selection of garments and household linens.

Cleaning and Maintenance

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Empty or replace vacuum cleaner bag frequently to keep it functioning efficiently.
- Eliminate unnecessary vacuuming and floor polishing.
- Use hand equipment rather than power equipment when practical.



Have
Done

Will
Do

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Develop preventative maintenance practices. Routine checkup and servicing will prevent greater problems later.

Cooking and Baking

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Use cooking utensils which fit the electric unit or gas burner.

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Use tight-fitting lids on cooking utensils, when appropriate.

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Reduce heat to maintain necessary cooking temperature when using surface units or burners.

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Use small appliances including microwave ovens for cooking, baking, and for toasting if they are more efficient than the range.

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Use oven to capacity.

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Preheat oven only when necessary (for most leavened foods). Do not preheat longer than needed to attain required temperature.

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Turn off oven, surface units, or burners promptly when food is cooked.

Refrigeration—Refrigerator and Freezer

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Avoid opening door or holding it open unnecessarily.

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Keep grills and evaporator coils clean.

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Locate the refrigerator and freezer away from heat source such as the range, hot air register, or direct sunlight.

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Defrost as needed.



Have
Done

Will
Do

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If cold air is leaking around door, have door adjusted or gasket replaced.

☐☐

Turn off, empty, clean, and leave refrigerator door open when taking an extended vacation.

Dishwashing

☐☐

Accumulate dishes: hold until the dishwasher is filled. If dishes are hand washed, rinse and hold breakfast dishes until noon or evening.

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Avoid wasting hot water by leaving it run continuously while washing or rinsing dishes.

Personal Care

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Minimize hot water used in bathing. Check to see if less water is used in showering than in tub bathing.

☐☐

Do not leave water running while shaving, brushing teeth, etc.

☐☐

Turn off faucets promptly after use.

Recreation and Entertainment

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Turn off TV, radio, or stereo when no one is really watching or listening.

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Disconnect or use vacation setting on an instant-on TV when you are not going to be using it regularly.

☐☐

Use shop or hobby equipment efficiently.

☐☐

Maintain tools in good operating condition.

☐☐

Encourage family members to develop leisure activities such as bicycling, hiking, reading, swimming, etc., that have low energy costs.

☐☐

Spend vacations closer to home.

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Encourage home and neighborhood activities.

Have Done	Will Do
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Family Transportation

- Drive at a moderate speed.
- Drive smoothly with gradual starts and stops.
- Drive slowly for first mile instead of letting car warm up by idling.
- Provide proper maintenance: make sure you have well-tuned engines and properly inflated tires.
- Combine errands by careful planning.
- Carpool or vanpool whenever possible.
- Walk, ride a bicycle, or use public transportation whenever possible.
- Travel only when necessary.

Energy Shopping

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- Consider energy efficiency when purchasing appliances, automobiles, and other motors.
- Select an energy efficient air-conditioning unit the proper size for space to be cooled. It is better to buy a slightly undersized unit, rather than an oversized one.
- Select size/capacity of appliances according to your needs. Larger ones usually require more energy to operate.
- Consider life-time cost when making purchase decisions. (Initial costs, plus operating costs, plus maintenance costs).
- If a change in housing is planned, consider how much space is essential. Extra space takes energy to heat, cool, light, and clean.
- If you are shopping for housing to buy or rent, evaluate it for energy efficiency.

List Energy Conservation Practices We Are Now Doing

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List Energy Saving Practices We Plan For This Year

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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